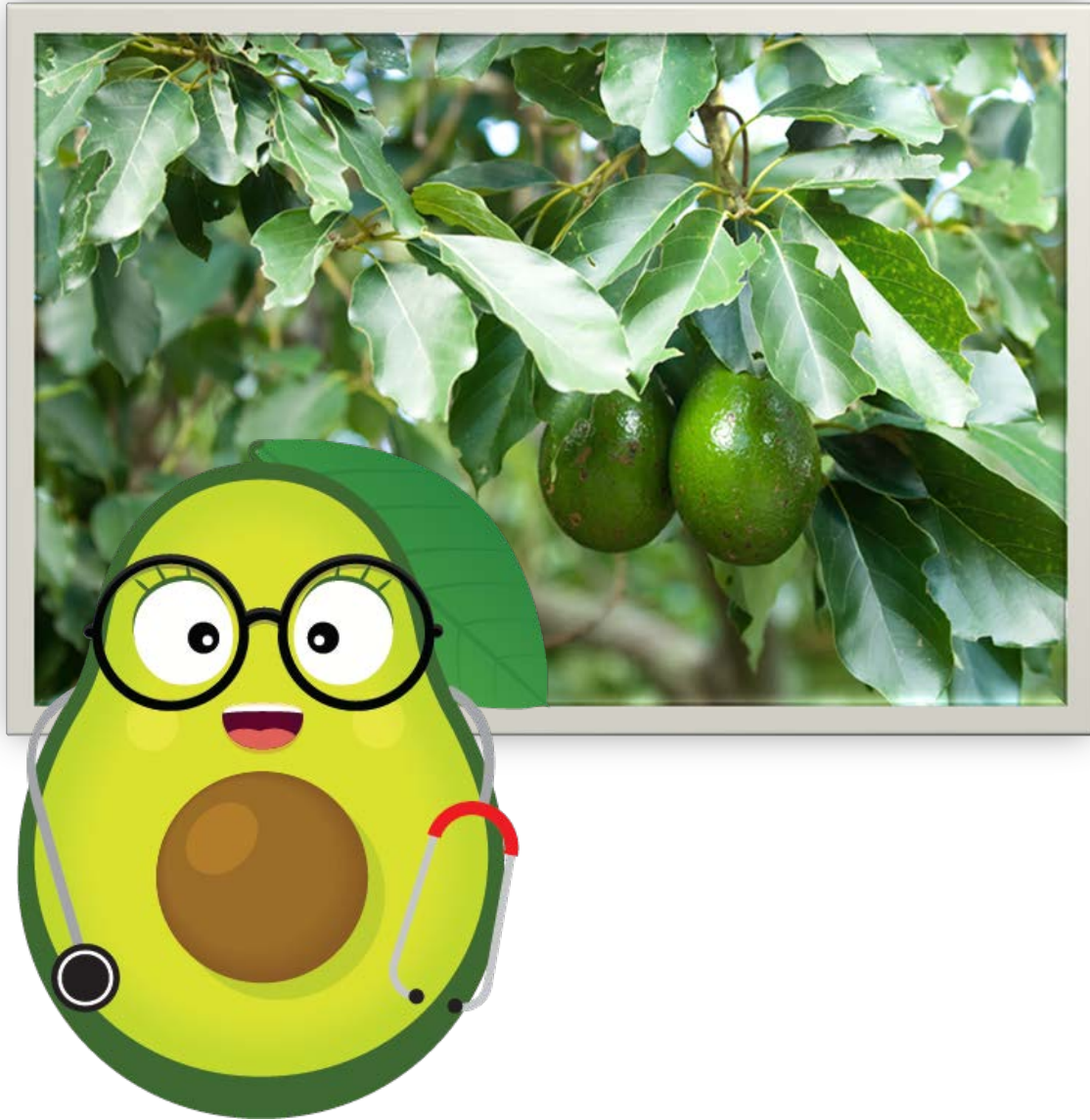


Harvest of the Month

Avocado



Florida Department of Agriculture and Consumer Services



WHAT WE ARE LEARNING TODAY

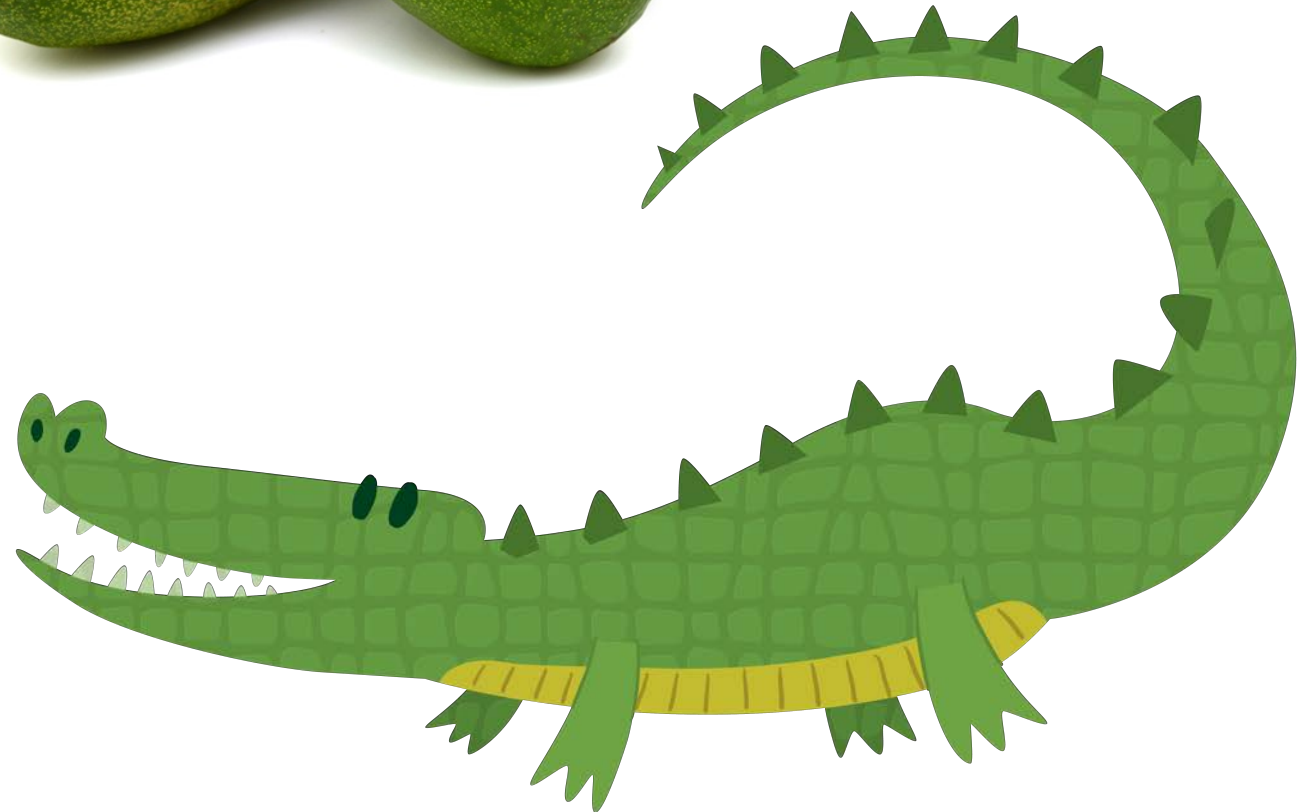
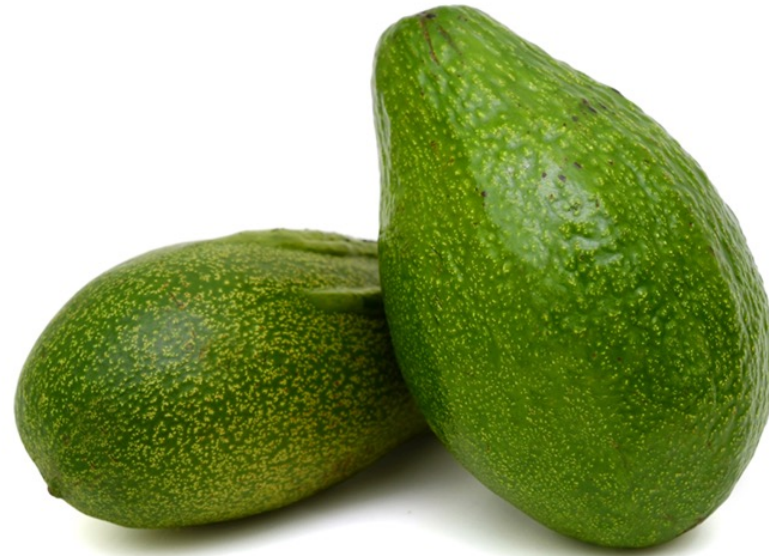
Bonjour!
I'm Ava Avocado.

It's time for a check-up
for the Florida Avocado.

Join me as we observe
Florida Avocado
production!

FUN FACTS

- The avocado is also known as the “alligator pear” for its shape and leather-like skin.
- Florida was the first state to grow avocados.
- Florida avocados have less fat than California avocados.



SPOT IT ON THE MAP

More than 98% of
Florida avocados are
grown in Miami-Dade.

Florida avocados are
primarily grown in:

1. Miami-Dade
2. Collier



HAVE YOU TRIED A FLORIDA BELL PEPPER?

Florida avocados are
harvested in the summer
and winter months.

They are available from
June through February.



Look for this logo to find
Florida-grown peppers!



MEET A FLORIDA VEGETABLE FARMER

Brooks Tropicals

Grows Slimcado Avocados,
Starfruit and Caribbean Red Papayas



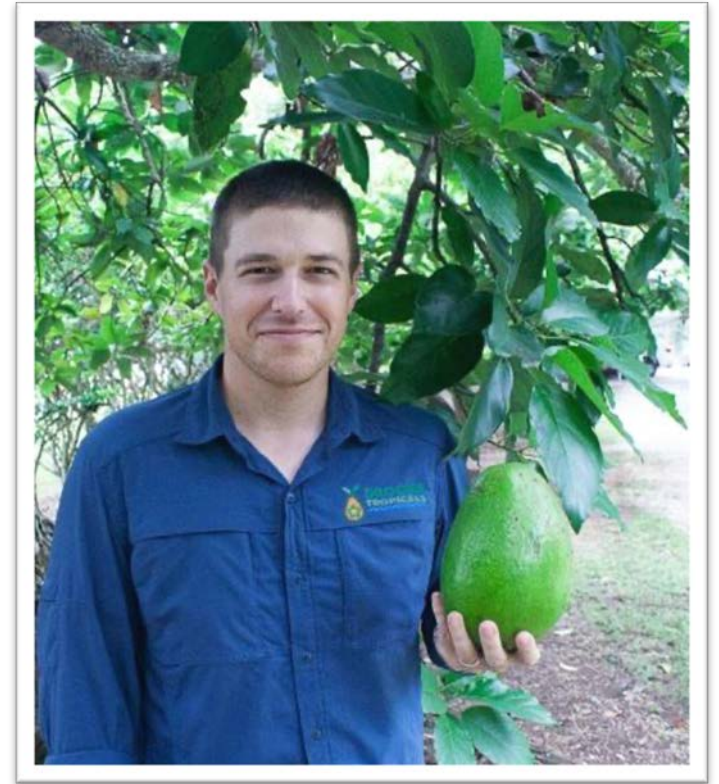
[Click here](#) to read about Brooks Tropicals!



FARMER INTERVIEW

How did you get your start growing avocados?

Having lived and studied in Asia and Australia, you'd think some international business would be my goal. I'll always love to travel, but I've found what I want to do, farm! Having a family in the business, I didn't have to interview. I started doing work around the business, packing house, accounting and sales. But I liked working in the fields the best. I have an office, I've got suits to wear, but I do most of my work out in the field in jeans.



FARMER INTERVIEW

What makes Florida avocados unique?

They're light tasting, they don't have all the oil other avocados have. You can't get any better than Florida avocados with a squeeze of lime. Sometimes you'll see patches on the outside that looks like alligator skin. The avocado isn't going to bite you, that's just where the fruit rubbed it against another fruit or branch.



How would you describe a perfectly ripe avocado?

To me, it's the squeeze. Hold it in the palm of your hand and give it a gentle squeeze. If it gives a little, its reading for slicing or chopping. If it gives a lot, get out the chips because we're having guacamole!



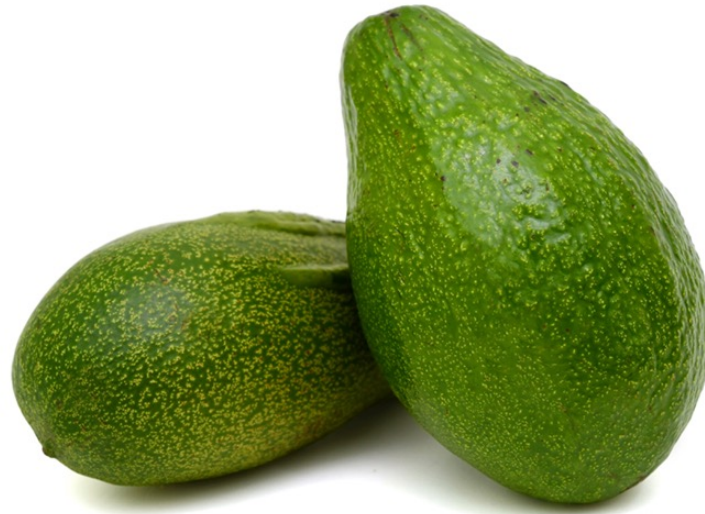
DID YOU KNOW?

- Avocados do not ripen on the tree!
- Mature fruit ripens in about 3 to 8 days once it is picked.



ADORABLE AVOCADOS

The Florida avocado is larger and has a lower fat content than the more common Hass avocado.



**Florida
Avocado**



**Hass
Avocado**

FUN FACTS

- Avocado trees will start producing fruit after 3-4 years.
- They can grow up to 30-65 feet tall!
- Avocado trees are often grafted, rather than grown from seed.

Check out University of Florida's IFAS website to learn how to care for an avocado tree.

<http://edis.ifas.ufl.edu/mg213>



BRAIN BREAK

FRESH FIND

- Green
- Pit
- Healthy
- Trees
- Guacamole
- Tropical
- Alligator
- Pear
- Fruit



U	Y	U	T	E	W	D	S	L	D	P	E	K	P	O
R	A	E	P	R	O	T	A	G	I	L	L	A	J	Z
H	A	J	I	X	E	C	M	J	M	J	F	B	L	V
F	L	Q	C	N	I	I	T	K	B	P	Z	Y	V	E
N	G	U	V	P	S	Z	X	M	I	K	V	D	V	Y
E	X	W	O	I	N	L	S	T	E	T	B	Q	T	P
G	L	R	M	W	I	F	K	N	Y	T	N	R	U	A
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E	R	D	N	V	J	A	W	T	A	V	V	T	R	V
Y	F	G	X	C	E	M	U	J	E	P	X	K	X	C
L	I	D	X	H	X	H	Z	G	A	Y	I	W	U	G
I	J	Y	K	S	F	V	E	A	D	Q	C	O	F	I

3-5 MATH

AVOCADO WORD PROBLEMS

1. Your school is planning a field trip to an avocado farm. There are 28 students and four seats on each school bus. How many buses are needed to take the trip?
2. Olivia has 90 cartons of avocados. Each box holds three avocados. How many avocados does Olivia have?
3. Billy and Tanya picked 57 avocados from 30 different trees and placed them in a basket by the garden. While they ate lunch, a hungry possum ate 17 avocados. If they share the remaining avocados with 10 friends, how many avocados does each friend receive?

Need Help?

1. **Underline what you know.**
2. **Draw a picture.**
3. **Solve!**



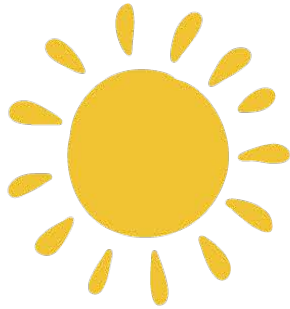
FLORIDA WINTER



3-5 SCIENCE

ENERGY ON THE FARM

1
Sun



2
Collecting
Eggs



Let's
Harvest!

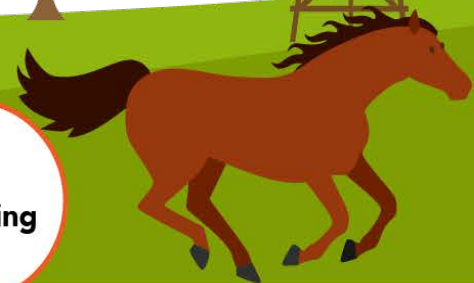
3
Talking



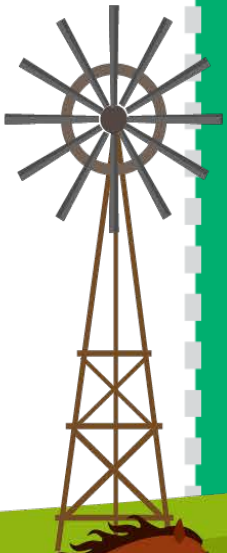
4
Eating
Food



5
Galloping



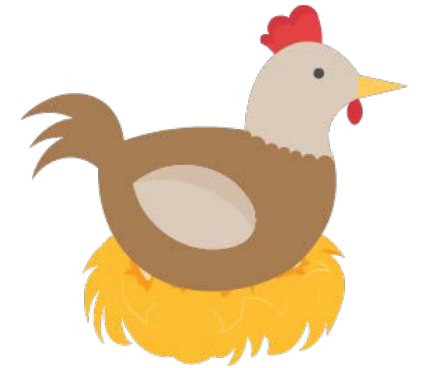
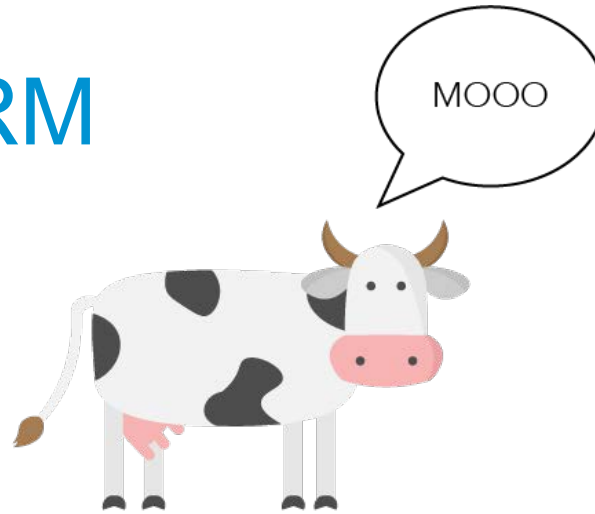
6
Windmill



3-5 SCIENCE

ENERGY ON THE FARM

What type of energy
are these objects
using?



3-5 LANGUAGE ARTS

PARTS OF SPEECH



Identify the parts of
speech in the
sentences provided.

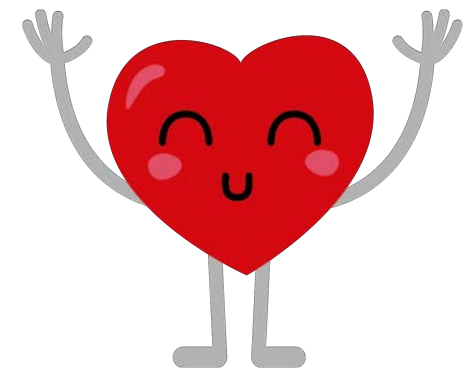
1. Avocados grow on trees, not in the ground or on a vine.
2. Mash a ripe avocado for delicious guacamole.
3. Miles loves avocados because they are a good source of protein, fiber and healthy fats.
4. Avocados help provide Miles with this energy he needs to score touchdowns at football practice.
5. Avocados grow better in South Florida than in North Florida because the climate is warmer.

NUTRITION NUGGET

The heart-healthy fats found in avocados can help you maintain a healthy nervous system and heart.

- Avocados are an excellent source of healthy fats, fiber, folate, potassium and vitamins C, E and K
- These heart-healthy fats are important for a healthy nervous system and heart.
- Avocados also have the highest protein content of any fruit.

The creamy texture of the avocado makes it a great substitute for foods that are high in saturated fat.



TASTY TIPS

- A mature avocado ripens in three to eight days after it is picked.
- Avocados are best eaten raw and can be a tasty salad topping or made into guacamole dip.
- Florida avocados ripen best at temperatures of 60° to 75°F, so keep them at room temperature.
- To speed ripening, place avocados in a brown paper bag or store them next to bananas.



**Visit [Fresh From Florida](#)
for more tasty recipes!**

What did the avocado say to the tomato?

Well this is guac-ward!

What did the garlic say to the guacamole?

Avocado (I've got a) crush on you



What do you call a lazy avocado?

An Avocadon't

ADDITIONAL RESOURCES

Fall is the perfect time to start your winter garden! Check out these great school garden resources at the [Florida Farm to School website](#).

Featuring Florida-grown avocados on your menu today?
Visit [Fresh From Florida](#) for some popular avocado recipes.

Take your students on an adventure!
The Great Garden Detective is a curriculum resource
available from [Team Nutrition](#).

